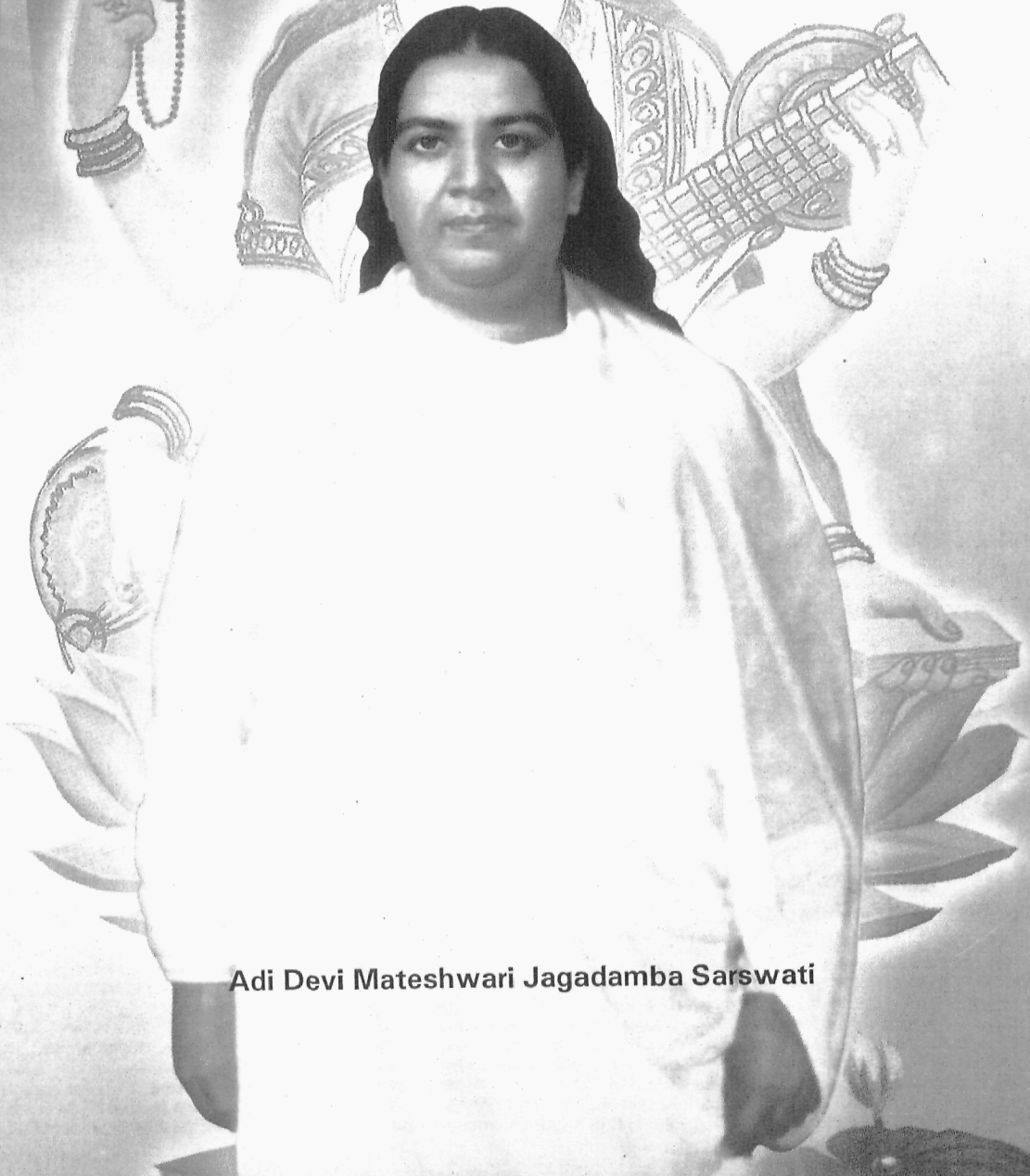


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The World Renewal Monthly



Adi Devi Mateshwari Jagadamba Sarswati



1. Surat: B.K. Sis. Lata felicitating H.E. Bro. Kailashpati Misra, Governor, Gujarat. Bro. Narottam Bhai Patel, Minister for Water Preservation, Gujarat is also seen. 2. Mumbai (Borivali): H.E. Bro. Mohammad Fazal, Governor, Maharashtra, Bro. Gaffoor, Proprietor, Hindustan Ink, B.K. Sis. Divya Prabha and others inaugurating Silver Jubilee Celebrations. 3. Devtalab (Reeva): Sis. Uma Bharati, Chief Minister, M.P., being presented Godly gift by B.K. Sis. Shyama and B.K. Sis. Narmada. 4. Abu Road (Shantivan): Inaugurating Teacher's Conference are Rajyogini Dadi Prakashmani, B.K. Bro. Nirwair, B.K. Sis. Mohini, Rajyogini Dadi Ratanmohini, B.K. Mrithyunjay, B.K. Sis. Munni, B.K. C.V. Chokse, B.K. Sunderlal and others. 5. Behala, (Kolkata): B.K. Sisters Kalpana and Mithu presenting Godly gift to Indian Cricket Team Captain Bro. Saurav Ganguli. 6. Raipur: Bro. B.N. Khare, former Chief Justice, Supreme Court of India, having brief discussion on some Godly points with B.K. sis. Kamala. 7. Mount Abu (Gyan Sarovar): Inaugurating a seminar organized by Social Service Wing are Rajyogini Dadi Manohar Indira, B.K. Nirwair, Sis. Jasvika Desai, Bro. Harihar Koirala, B.K. Amir Chand, B.K. Prem and B.K. Avtar. 8. Khimlasi (Bina): B.K. Sis. Janki presenting Godly gift to Bro. Raghav, Minister for Finance, Madhya Pradesh, Sis. Sushila Sirodiya, M.L.A. is also seen.

Godly Service Reports

BORIVALI (MUMBAI)

Make Peace, Not Pieces

God's Healing Power—A Unique Mega Event organised by Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya on 1st May, 2004 at Borivali (West), Mumbai was attended by 30,000 people who were enthralled by the pious words of Dadi Hridaymohini, Additional Chief of Brahma Kumaris. She made an earnest appeal to the gathering, 'Let's make peace and not pieces'. Due to ego and jealousy we are divided into pieces. Spiritual empowerment is the foundation of making peace.

The event witnessed a wonderful blend of heavenly note of music, the rhythm of dance, the presence of film personalities, stage artists, musicians, leaders of the healing power of spirituality. The programme commenced with Rajendra Gadhvi, the noted singer and his music troupe regaling the audience with spirited performance of devotional songs.

Everyone was welcomed by B.K. Sister Divya, the source of inspiration behind this

programme. Thereafter B.K. Sis. Chandrika and B.K. Sis. Mohini explained the essence of God's Healing Powers and helped everyone experience the same.

Those who graced the occasion included noted playback singers Sister Kavita Krishnamurty, Brother Suresh Wadkar, Brother Om Vyas and Sister Preeti Mazumdar. Also present were actress Sister Bhagyashree, actor and director Brother Sachin, music directors Brother Anand Raj Anand, Brother Shravan Kumar, Brother Lalit Sodha and Member of Parliament, Bro. Ramdas Athavle.

A five-day Rajyoga camp was organised to teach the technique of Rajyoga Meditation for a peaceful, healthy and disease-free life.

DIMAPUR (NAGALAND)

The Brahma Kumaris Rajyoga Education centre, Naharbari, Dimapur (Nagaland) felicitated the toppers of H.S.L.C. and H.S.S.L.C. examination 2004, on 9th May, 2004 in its premises. Brother

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MARCHING ON THE PATH OF SPIRITUAL GLORIFICATION

KING OF JORDAN HONOURS DADI JANKI

Every spiritualist gives profuse, hearty thanks to the King of Jordan, HM King Abdullah, for his magnanimity in bestowing the Independence Medal of the First Order on Dadi Janki, Indian spiritual leader and activist. We, the students and active members of the Brahma Kumaris World Spiritual University extend our hearty congratulations to Dadi Janki for being the recipient of this rare honour. Our readers would be happy to read the following report published in The Jordan Times for the

occasion:

"Amman (JT) – His Majesty King Abdullah on Monday bestowed the Independence Medal of the First Order on Indian spiritual leader and activist Dadi Janki.

Dadi Janki was honoured in recognition of her efforts to promote understanding and dialogue among cultures and religions, as well as her endeavours in social development and health affairs.

Presenting the award to Dadi Janki at a ceremony attended by HRH Princess Basma, the King praised Dadi's role in enhancing understanding among civilizations.

Dadi Janki, 88, is one of the 10 "Keepers of Wisdom," an eminent group of world spiritual leaders who convened to advise political leaders at the 1992 Earth Summit in Brazil on the spiritual dilemmas which underpin environmental issues.

In 1974, Dadi Janki established the first Brahma Kumaris World Spiritual University centre in London and later supervised the establishment of similar centres in 84 countries. She has established projects for promoting community development to improve the quality of life for individuals and protecting the environment in 129 countries. (Tuesday, 1st June 2004)"

AWAKEN ABU!

Dadi Prakash Mani bestowed her blessings on the citizens of Mount Abu and Abu Road in particular, to the general public of Sirohi District as well tourists, on two special occasions.

On Monday, 31st May 2004, she addressed a gathering of around 12,000 at Polo Ground (via video conferencing) during the 35th Anniversary celebrations of the World Renewal Spiritual Museum. She exhorted the crowds to shun violence and vices for their own spiritual benefit, betterment of health, and prosperous family



His Majesty King Abdullah bestowing The Independence Medal of the First Order on the Spiritual Leader and activist Dadi Janki.

life. Her simple advice to become more aware of one's own spiritual identity and the eternal relationship with the Supreme Father, God Shiva, was well received. Her emphasis on learning the basics of spirituality through the 3-day introductory course (offered by Brahma Kumaris centres) clearly depicted her deep concern about the spiritual well-being of the locals and tourists alike.

Similarly, on 6th June 2004, thousands of participants came to Shantivan to participate in the *Jagadamba Mata Saraswati Mela*, organised under Dadi Prakash Mani's advice. Her inspiration to offer Brahma Bhojan to everyone after the spiritual discourse was much appreciated by the Heads (Sarpanch) of dozens of village communities (Panchayats), officials, and general public.

Dadiji's words of wisdom motivate us to rise above petty consciousness and relate to each other on the basis of an unlimited understanding of spiritual brotherhood. Her saintly personage, motherly love, and powerful words have endeared her to millions all over the globe.

Mateshwari Saraswati, Dadi Prakash Mani, Dadi Janki, and all other spiritual personalities bring home the eternal reality

that the keepers of spiritual wisdom are God's angels, who guide us on the path of unbiased outlook, spiritual vision, and real freedom.

MEHSANA MAHOTSAV

The Dadis, Godly Messengers, are tireless servers and constantly in a flying stage of consciousness. Their fortitude to serve endlessly make the younger generations feel inadequate in comparison. Their lives inspire other souls to do their best as obedient and committed children of God and servers of the world.

On 23rd May 2004, we witnessed the miracle of Baba's magical inspiration unfold by the B.K. Sisters and Brothers of Gujarat, at Mehsana O.N.G.C. grounds. The B.K. Centres and Sub-Centres of Mehsana Sub-zone, under the leadership of B.K. Sarlabehn and patronage of Gujarat Zone-incharge Didi Sarla, organised a mega programme called "*Divya Darshan Mahotsav*". H.E. Mr. Kailashpati Mishra, Governor of Gujarat, Rev. Dadi Prakash Mani, Dadi Hriday Mohini, and others showered their blessings on 62,000 or more gathered aspirants and millions through television, radio, and print media.

The Cultural Programme (graced by the Garba Queen,

Falguni Pathak) and VIP participation in large numbers was a unique tribute to the yeoman services of the Brahma Kumaris in the fields of village upliftment, social reforms, and spiritual awakening of rural folk.

Our congratulations to the noble instruments for their dedication, sacrifice, and hard work in spiritually awakening the rural population! This is undoubtedly a Big Leap towards the goal of creating *Swarnim Bharat*.

ELECTIONS AND THE NEW GOVERNMENT

The world has witnessed the general elections in the biggest democracy of the world. The outcome has convinced the world over that India, as a sovereign and democratic nation, has definitely come of age; the people of India are wise enough to choose their representatives for the Parliament or the Legislatures.

The results were totally unexpected to some, including the winners! Though the people of Bharat greatly love and respect Shri Atal Bihari Vajpayee, the choice of Dr. Manmohan Singh as Prime Minister has been welcomed whole-heartedly by all because of his integrity, humility, simplicity, proficiency, and economic thinking par excellence. Even the poorest of

the poor in India feel that they can easily relate to the new Prime Minister. The common minimum programme announced by the U.P.A. is quite similar to what the N.D.A. carried out during the past 5 years, and everyone is hopeful of a very bright future for Bharat under the new regime.

We extend our hearty congratulations and best wishes to Dr. Manmohan Singhji and his new team! We hope our new Prime Minister's values and practices would continue to inspire each one of his team members to work diligently at making every *Bharat-wasi* proud of the leaders chosen to run this extraordinary nation...

**DEDICATION
CEREMONY – OUR
SISTERS HAVE MADE
US PROUD**

We have many beautiful examples of self-disciplined and dedicated individuals, who become great by virtue of their personal pursuits and services done unto others, in maintaining the spiritual well-being and moral standards of society. Emulating the invaluable role-models of the Dadis and Didis of the Brahma Kumaris discipline, we recently witnessed four young sisters take their vows of life-long purity and service to humanity through spiritual awakening and teachings. Dressed as

Goddesses, these four kumaris:-

- 1) **B.K. Sister Gayatri from Colaba, Mumbai**
- 2) **B.K. Sister Sumitra from Raja Park, Jaipur**
- 3) **B.K. Sister Uma from Jalore**
- 4) **B.K. Sister Sonu from Jalore**

took their vows before a big gathering of over 2000 invited relatives, friends, and Senior Members of the Brahma Kumaris Institution:

"God Shiva is establishing the new Golden-Aged world through Prajapita Brahma. With the consent of my parents, I willingly dedicate my body and mind completely in this spiritual service. While following complete purity, I vow to follow all the principles and codes of conduct with truthfulness, honesty, and faithfulness till my

last breath. I will make my life blessed by fulfilling Bap Dada's and the Dadis' hopes."

Dadi Prakash Mani, Chief of Brahma Kumaris, showered her blessings on the newly dedicated Brahma Kumaris by praising their vision, decision, courage, and sacrifice for the upliftment of mankind. She also shared love and congratulations with the parents, relatives, and spiritual friends who were honoured guests at the dedication ceremony. Everyone was proud to have participated in such a grand *Dev Kanyadaan*.

We give our hearty congratulations and best wishes for unlimited happiness and success to our dear sisters and their relatives for their wise decision and support!

–B.K. Nirwair

MOTHER

– BK Rajyoga Centre, Geelong, Australia.

Mother,

**Your perfect actions still shape us,
In pictures and stories,
In the hearts of our elders,
Impressions of your sustenance,
That we make our own.**

**From your present, special place,
You send signals – Purity, Wisdom, Courage, Grace,
An invisible force, a spirit,
Binding your family to One, And to the Future.**

FAITH IN THE INTELLECT (COMPLETE FAITH IN GOD)

■ B.K. TNK Varma, Kochi

God Shiv has taught us the attributes of true Brahmin children; the most essential one being *nischaya budhi* (absolute faith in God). Baba has devoted many Murli classes to this subject. In the garland of the victorious souls, the one thing that distinguishes Baba's children is this very special quality of *Nischaya Budhi*.

Who has developed the quality of *nischaya budhi*, that is, faith to the fullest extent and who follows every word of God Shiva? Who else other than Brahma Baba and Mamma? This is where we have to start from because there are many amongst us who fall by the way-side or swing between extremes due to lack of faith. The lives of these two light-houses are the beacon that we have to follow.

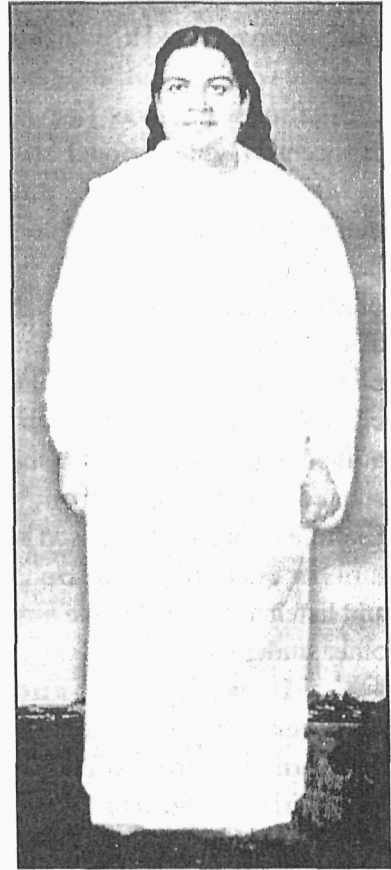
Mamma had the qualities of a true leader and she provided guidance to all B.K. Sisters who subsequently moved on to assume greater responsibilities.

This is an attempt to highlight some of Mamma's qualities,

supported by real incidents indelibly etched in the hearts and minds of those who were fortunate to come and serve the yagya in Mamma's presence. Each of these qualities brings out Mamma's unwavering and uncompromising love of Baba, His Shrimat and Murli. Needless to say, every Brahmin stands to gain by following her as an example.

OBEDIENCE: Shiv Baba calls Himself our most obedient servant, then what stops us from becoming His most obedient servants? Mamma had no qualms about this role from the very beginning. At the tender age of 17 she was asked to take her life's most important decision. Brahma Baba asked her to give a serious thought to either marriage or dedicating her life to service of humanity. Mamma decided immediately and she chose the *path of knowledge*.

Once a bird had laid a few eggs in Baba's hut and this was brought to Baba's attention by Dadi Lachhu. Baba called for Mamma and when she came he



asked her to open her mouth so that he could feed her the egg! Without question or hesitation, Mamma opened her mouth, much to everyone's surprise! Baba smiled and said Mamma had passed the test paper on obedience.

HUMILITY: Humility is one of the most misunderstood qualities. People generally see it as weakness. But Mamma was the epitome of humility and she proved time and again the essence of the dictum, 'Bow down to conquer'. She was Mamma to the Brahmin family

but she never failed to point out that she was only fulfilling her obligations and was just an innocent daughter before Baba.

Mamma enjoyed the authority of a Mother Goddess but she refused to make a show of it. Mamma was always given a seat next to Baba in the classroom and would take classes every morning till Baba arrived. The moment Shiv Baba started his sermon through Brahma Baba, Mamma used to turn her position to face Baba and listen to the Murli like any other student.

☞ Detachment and disinterest: Mamma's transformation from a school-going girl to the head of *Yagya*, as *Mateshwari*, was unbelievably fast. She was a true effort-maker from the beginning and never repeated a mistake. This could not have been possible without her total surrender to God. She could transcend her physical form with great ease and those sitting next to her or facing her would invariably feel her angelic presence. She was the greatest example of trusteeship and she followed Baba's directions to the core. Her famous words were '*Hukmi Hukm chalye*' (the One directing us is making us move); every thing she had belonged to Baba and He was

there to get things done as *Karan Karaavanhaar*.

When a brother asked Mamma her opinion of an interesting scene on the roads of Bombay, she replied that nothing of this world interested her. When asked how she rose to such great heights, Mamma gave a three-fold answer:

A. She had unwavering, unshakable faith in Shiv Baba and Brahma Baba.

B. She never missed *Murli* classes.

C. She never cried in any situation.

☞ *Ek Baba Doosra na koi:* (One Baba and none other)

Mamma had full faith in Shiv Baba. Mamma never missed Amrit Vela. Once in Bombay, despite having to keep an appointment with a minister till late at night, she was present at Amrit Vela on her usual time, i.e. 2 a.m. Mamma said that if she was obliged to keep the minister's appointment, how could she miss her Amrit Vela appointment with the Supreme Father?

In the early days, Mamma and Brij Indra Dadi once overheard Baba explaining the principles of spiritual life-style to an important visitor. Baba was telling him about the spartan ways followed by the children and how they had renounced

physical attainments for the jewels of knowledge. At the time, many of the sisters, including Mamma, used to wear ornaments but on hearing Baba's thoughts she and Brij Indra Dadi decided to do away with ornaments; this set an example for all the others who followed suit without hesitation.

☞ A Clear and Clean Intellect: The Brahma Kumaris at Hapur were witnessing troubled times then Mamma was asked to go and handle the situation. She never lost her cool. When asked about her unperturbed state of mind, Mamma replied that this unlimited world drama of 5000 years will go on as it did in the last *kalpa*, whatever is happening is accurate.

Baba once wanted a large number of pictures (108) to be made for the British Royal Family members, on the occasion of Princess Elizabeth's birthday. When he requested Mamma to get it done, she promptly said 'yes'. But the sisters and brothers used to make 2-3 pictures a day thought it was impossible. Mamma's stand was that the words spoken by Baba had to be fulfilled even if it was to pluck the moon from the sky and bring it down. Eventually, Mamma's faith and

determination bore success.

☞ Mamma never felt she was alone even for a moment: There were many occasions in Mamma's life where she had to face the wrath of law, mob violence or outright enmity by people who were ignorant of Godly knowledge or the mission of the Institution.

Once an irate citizen was vandalizing the centre as he was frustrated about not being able to meet Mamma. When he was finally permitted to meet her, he went speechless and came back a changed man after spending a few minutes in her presence. Her motherly love sobered him. This reminds us of the story of Mahabharat with the Kauravas and their mighty 16 Akshouhini Army against the five Pandavas and their friend Krishna (God). *"God when you are there for me, who can oppose me?" This line sums up Mamma's philosophy.*

☞ She neither spoke of her own qualities, nor complained about other's defects, but always helped people to change themselves: Mamma must have been aware of the tremendous impact she had on the brothers and sisters of the *yagya* and even on strangers but never spoke about it or allowed anyone to sing her

praise.

Baba once asked a few young girls to prepare the next meal. They enthusiastically took up the project but Mamma knew they were new to the job. She put aside important work and was there throughout to help them with the meal.

On another occasion, Sister Premalata of Haridwar (only 17 at that time) passed a bold remark about Baba's instructions to a brother, in Mamma's presence. Mamma did not say anything at the time but later told Sister Prem that she was good at decision-making. Finding this an unusual remark, Sister Prem insisted that Mamma share what was in her mind. Mamma calmly and smilingly explained that such uninvited response would only develop ego (*abhimān*) and finally will rob her of the divine intellect. The sister was forever thankful to Mamma for showing her the right direction. Mamma wielded her power in gentle and persuasive ways.

☞ To know, acknowledge, and follow: Seeing Mamma in her last days left no one in doubt about her absolute *Alokik* stage. Physical pain or problems did not prevent her

from performing Godly duties. She never missed Murli and although it was physically difficult for her, she would sit up to listen to the Murli everyday through speakers in her room.

From her early days in *gyan*, it was clear that there was no delay in her listening, understanding, and following the knowledge. A few practical incidents are given below to portray the living Goddess Saraswati:

A) Sis. Kamla of Karnal says Mamma taught them not to walk noisily, as this disturbs the earth. The five elements are to be respected as they will give the same in return.

B) In Batala, a blind woman waiting to welcome Mamma with a garland was able to sense her presence when Mamma came in front of her.

C) No one ever heard anything other than "Yes, Baba" from her in response to any instruction given by Baba, be it totally new idea or a complicated project.

D) Mamma loved Shiv Baba's *yagya* very much. To her, each grain of food was worth a gold coin and so wastage was not permitted.

E) On 23rd June 1965, a day prior to her leaving the mortal body, Brahma Baba asked

Mamma to distribute a mango each to all the children. Mamma obeyed without complaint, but with enthusiasm and love even though she was hardly in a position to sit on her bed. Mamma proved that she was truly victorious over the five elements.

F) When Mamma was told that she had only 3 to 4 months to live, her reaction was, "It is destined in drama".

G) There were many instances when opposition groups resorted to violence against the activities of Brahma Kumaris. When they came face to face with Mamma, they instantly calmed down in seconds.

H) Mamma had an attitude of fearlessness in life, only God need be feared. Now that God Himself belongs to us, why should we fear anyone else?

I) Dadi Janki once asked Mamma what efforts needed to be focused on and Mamma replied, "Treat every second as your last".

Mamma ignited the light of the entire Brahmin family. We remember her lovingly every year on 24th June and redeem our pledge to follow her footsteps.

MAMMA

– from London Students

Dear Mamma, I wasn't with you physically
Here on this mountain top
Still I know you and sense that you know me
Feel you are the mother of all my lives
The model for the mother in me

You became Mamma in a matter of moments
An astonishing metamorphosis from
Bright and brilliant butterfly to
Subtle, silent angel

Seemingly in a second
You surrendered your jewellery, clothes and intellect
Catching instead more precious, priceless jewels
And a golden path stretching into the future

Baba placed the urn of knowledge on your head
And it became a cooking pot to feed the whole family
You ground the ingredients of that truth
And mindful of our weaker digestive systems
Fed it to us in a form we could absorb

Brahma Baba carried God and you carried us
Holding together such a vast and disparate family
Teaching us the principles of economy and order
Cleanliness of the body, mind and heart

We felt that you belonged to each of us
Knowing you belonged only to One
Your love shone from your eyes
Keeping us refreshed, taking us beyond

You were so clean and clear and light inside
That you could carry the physical pain
Without it showing on your face
Saving us from that particular sorrow
Sustaining us until the end

Your brilliance has sparked another human form
But the greater part of you is in the world of light
Touching all our lives, smoothing away our worries
Gently but firmly pulling us towards our destination.

SARASWATI—THE DAUGHTER OF BRAHMA

■ B.K.Anjali Prasad, New Delhi

Her full title is Jagadamba Saraswati, world-mother and the goddess of knowledge. Soft-spoken and gentle in manners, wise beyond her years, she was titled Mamma by the young and old children of the Brahmin family when she was a little over 20 years of age.

Bestowed with an astute intellect, she could see right through a soul and give guidance according to their needs and limitations. Protector of the Yagya, she would never doubt or question the directions of the Supreme Father.

Total surrender meant total surrender. Every cell in her body would obey the directions of the Father. If *shrimat* says ‘no crying’, ‘no frowning’ then the facial muscles would not disobey these directions.

A very deep understanding of human psychology gave her the ability to assess the virtues, strengths and innermost motivations of each and every child. She would then empower them by making them aware of their own strengths, virtues and achievements.

She would never criticize in

a way that would cause pain or create feelings of grievance. Instead, she would correct in a loving way, realizing that these are children who need to be guided and strengthened, corrected, but with love and understanding. She would never use force, anger or harsh words, nor would she scold any aspirant, as scolding, too, is a sign of anger. Mamma constantly saw Brahma Baba as her *alokik* (divine) father and held utmost respect for him. Her relationship with Brahma Baba can be sensed from all their joint photos—she as the obedient daughter and caretaker of Baba’s Yagya, and Baba as world servant giving visions of love and courage to his children of the entire world.

Mamma was a true loyalist. Her devotion to Baba was absolute. No one could shake this loyalty nor distract her.

Did Maya come to her? Did she ever experience frustration because results (scenes) weren’t as she would like them to be? Did she ever have thoughts of doubt, that this knowledge is too difficult or did she ever feel irritation with her



self, others, the new *gyan* she was learning or with God’s plan and His role?

One receives the answer to this question from Baba: ‘Which one virtue made her so unshakeable, undefeatable, and totally surrendered to Shiv Baba?’

The answer that comes to my mind was her “*nishchai*”—absolute faith in God, in His wisdom. With this faith came other virtues and God’s wisdom became hers.

This is the chief reason for her worship-worthy status. Because of her deep wisdom she can give what each soul needs and satisfies everyone—whether through her images of Bhakti or through her angelic Brahmin presence.

Mamma, the world mother, serves through her many divine forms. But in her heart, she remains the sweet daughter of Brahma and obedient child of God, the Supreme Soul. ●

JAGADAMBA SARASWATI

(Mother of all Mothers)

– B.K. Bopanna, Bangalore



Salutations to our Mother Supreme, Adidevi Jagadamba Saraswati! Through this most wonderful and manifold personality, we have learnt the supreme truth as to why Mothers are respected, even worshipped, in Bharat. Nowhere else have Mothers contributed in world transformation through spirituality, as in Bharat. This huge task could not have been made possible without adherence to the strict guidance of the World Almighty, God Father Shiva. Adidevi Jagadamba played a unique part in guiding and training mothers and sisters, who in turn became mighty Rivers of Purity to spread divine knowledge throughout the world.

Almighty Shiva Baba gave “Gyan Kalash”—the pitcher of knowledge to Mothers and Sisters, and selected Adidevi Jagadamba Saraswati to be the Commander of the unique spiritual army. Brahma Baba too surrendered his all to the Mother Shaktis. Just as Shiva

Baba is known as *Maha Kal* (the Great Death), Adidevi Saraswati is known as *Maha Adi Shakti*. The glory of Bharat is to shine once again throughout the world through the Mothers Shaktis. Adidevi Saraswati became the instrument for laying down the firm foundation for future expansion of the spiritual army before departing to a higher plane of Service! Bharat is the most ancient and mother of all other lands, which is why it is known historically and spiritually as “*Bharat Mata*”.

Adidevi Jagadamba Saraswati, whose divine actions made her the mother of the world is universally worshipped as the Goddess of Knowledge. There are thousands of Brahma Kumars and Brahma Kumaris who were blessed with the wonderful experience of receiving her loving sustenance coupled with the authority of knowledge! Even to those who never met her, she is the spiritual mother who continues to sustain and guide in a subtle form.

Under the guidance of God Shiva and her own far-sightedness and wisdom, she trained the young sisters who are now running an international spiritual organisation.

What is it about mothers that makes us adore them so deeply? My personal contact with Mamma, the serene personality, strengthened my belief that Mothers alone can bring ever-lasting peace and happiness on earth! Adi Devi Jagadamba Saraswati, an embodiment of purity, wanted her children to be like her—she was sometimes *Mahakali* towards the vices and would sometimes play the flute of Godly Knowledge. Her body itself became a ‘Godly Veena’ to share the tunes of knowledge! As quoted from *God and Gods in Hinduism* by Donald and Jean Johnson, “...the Vedas sprang from the head of Brahma, and are her (Saraswati’s) inspiration”—illustrates her greatness.

I am lucky to have come in contact with the Brahma Kumaris and become a Godly student, along with my *lokik* family, in 1960. It was the late Dadi Hirdya Pushpa who had introduced me and my better half, Boji, to Mamma and Baba; they both congratulated us and welcomed us into this unique *yagya*. Dadi Hirdya Pushpa established the Brahma Kumaris Centre in South India but always remained incognito! As I was a Government Servant, I was transferred to Belgaum in Karnataka State; I shifted to Belgaum along with my family and ran a small Gita Pathshala in my house.

We heard that Mamma had contracted a terminal sickness and had come to Bangalore in the hope that Bangalore weather might prove healthy for her. But it was not to be... Dadi Hirdya Pushpa informed us over phone that Mamma was passing through Belgaum and we should meet her without fail. Being an officer I had already made a programme to visit a village for crop inspection etc. However, I made up my mind to visit the village and return in time to pay my respects to Mamma and receive her divine blessings! Unfortunately, I was delayed in the village and I missed the last bus! I waited at

toll-gate and finally got onto a huge, fully loaded lorry on its way to Poona. The driver was fully drunk and asked me to sit beside him. He drove so fast that it felt like we were flying, but I was internally very happy because his high speed ensured that I would be able to meet Mamma! When we finally reached Belgaum, I thanked the driver and offered him money, which he politely refused. When I reached home I found all my family members eagerly waiting for me. We breathed a sigh of relief! Mamma's train was almost an hour late. When it reached, we went to the first class compartment where Mamma was, accompanied by her assistant; some other brothers escorting Mamma were in the adjacent compartment. As soon as I entered the compartment, she

asked me, "Are you Bopanna?" and I replied, "Yes, Mother" and immediately went into her motherly embrace. I was like a child in her lap enjoying true bliss. She gave *toli* to me and my family members. Her compartment felt like being in an intensive care unit – silent and secure! Her power of purity was so intense... I saw how Mamma played a double part of playing the *veena* of knowledge and also being a secret, purifying river!

When the train finally began to move slowly, we pulled ourselves away with heavy hearts. We waved to Mamma and she waved back—her face like the full moon was adorned with the most majestic, loving smile. This scene has remained with us as the legacy of our birthright...

THE MASTER SPEAKS....

FATHERHOOD— To a disciple who was always at his prayers, the Master said, "when will you stop leaning on God and stand on your own two feet?" The disciple was astonished, "But you are the one who taught us to look upon God as our Father!" "When will you learn that a father isn't someone you can lean on but someone who rids you of your tendency to lean?"

RESPONSIBILITY

— B.K. Shailu, Mt. Abu

It is a great virtue to be able to take up an elevated responsibility in life. Here, elevated responsibility means to have the courage to do a task that brings benefit not only to the self but also to many others. Responsibility makes a person experienced and powerful. Many people fear to take up responsibility because they feel that they may have to face a lot of difficulties and adverse situations. They shun any responsibility believing it to be a mental taxation for them.

Needless to say, when any person moves forward with a particular aim or task in this iron-aged world, it is natural for difficulties to come his way. But, not to take up responsibility because of natural or human-created problems is cowardice. Only a coward would think, “Why should I take up this responsibility or how can I take up this responsibility?” and thus becomes a prey of laziness and carelessness forever. But the one who takes up an elevated responsibility constantly fills himself with the treasures of experience every second; this makes his inner conscience

powerful and there is no place for laziness and carelessness in his life. One becomes lazy only when there is no responsibility. For example, a person who regularly goes to office would on a holiday think: today is my day off and hence I will rest. He then ends up sleeping the whole day. But when there is an important meeting the next morning or he has to board a train early morning, he might stay up the whole night as he now has to do his duty with responsibility.

RESPONSIBILITY: AN ART

Remaining cheerful while doing tasks with full responsibility is a great art. The greatest benefit gained by the one who takes up responsibility is that he becomes knowledgeable of his weaknesses. But to run away from responsibility when weaknesses come is also cowardice. At such a critical time, virtues like self-confidence and courage empower a person to take up responsibility. There are many who encourage us but confidence and patience are the inner powers of a person whose

foundation is faith in oneself. Where there is knowledge of self, self-discipline and self-confidence, inner power automatically starts increasing and proves to be helpful to carrying out any great responsibility with success.

To increase self-confidence and courage, it is important for us to have firm faith that the task given to us by God towards human welfare is due to our virtues. Even if these qualities are not present, the one who shows courage to carry out responsibilities acquires all virtues automatically. Where there is courage, God Himself becomes the Helper. Hence it is said – “God helps those who help themselves”. It is impossible not to succeed in a task where the Supreme Himself is helping. If someone becomes doubtful even before taking up the responsibility, thinking “I don’t know whether I’ll be able to do it or not”, i.e., he loses courage and steps back, he will not even receive God’s help.

One should not feel burdensome, while carrying out his duties. In order to do so, it is important not to worry about the results whilst carrying out the duties. Many people assume beforehand that the job they are about to do may not be successful. The mind becomes

weak as a result of these negative thoughts, their strength breaks down and power is not received. To increase one's inner power it is necessary to have positive thoughts – "I can definitely do this task." For example, **Napoleon did not have the word "impossible" in his dictionary as he thought everything was possible in this world. Even the word "IMPOSSIBLE" says I'M POSSIBLE.** But a person will only experience everything to be possible when he has courage and confidence in himself.

Defeat and failure make a person more experienced. Experiences are very valuable treasures of life. To have experiences in life is definitely a sign of self-progress. For example, the one climbing up a mountain peak is well-aware that he will have to encounter very rough terrain; he may have to face strong winds and storms etc. It is possible that he may also have to face wild animals on the way up. No matter which critical situation comes or however difficult the path may be, the one who has faith and courage keeps on moving ahead and reaches his destination. Therefore, always remember that if a person takes up the responsibility given by God with

courage, he will definitely receive God's help – this thought will enable a person to experience a stage beyond negative and waste thoughts. Happiness is automatically experienced when actions are performed in this awareness. This happiness is greater than the praise received for a short-term success.

THE AIM OF BEING RESPONSIBLE

Responsibility is not just performing elevated actions but includes behaving well with others and maintaining good and healthy relationships. **If actions are elevated but inter-personal relations are not cordial or behaviour is immoral, then there can be no success in carrying out one's responsibilities.** Actions are gross in form; the task that is important today might not be needed tomorrow. The influence of actions is also limited, whereas relations and behaviour have a wide-spread, ever-lasting effect, which gives shape to the mental state of a person. This is the art to carry out responsibilities with success.

RESPONSIBILITY TOWARDS SELF

To whom are we responsible and in what ways? And to what extent are we carrying out this responsibility? Whilst

contemplating on these questions, first and foremost, we need to understand the responsibility towards the self. "I am a soul. I am a peaceful, pure soul" – thinking just this much is not sufficient; along with this is a great responsibility of self purification. When the soul came into this world it was pure. Now, in order to return to the Soul- World, the same purity is required once again. For example, when a person goes out of the house for sports, a walk or to his office, a lot of dust and dirt gets accumulated during the whole day and he gets tired too. So the moment he comes home, he relaxes for some time, freshens up, takes a bath etc. to cleanse himself. The soul too came from the soul world onto earth in its complete and pure form; therefore, purification of one's soul is a very big responsibility on each person. It is necessary to make one's actions elevated to fulfil this responsibility, the foundation of which is contemplation on the self (soul) and God.

RESPONSIBILITY TOWARDS THE BODY

The soul performs actions through the sense organs. The body is invaluable for the soul as it is said that human life is very precious. **When this birth is precious even the body is**

precious, and so taking proper care of the body is the second big responsibility of the soul. For this, a balanced diet, pure drinking water, pollution-free air for breathing, proper hygienic care, exercises as per one's requirement and meditation are necessary. All this leads to a healthy mind and healthy body.

RESPONSIBILITY TOWARDS THE FAMILY

Along with the responsibility towards soul and body, **a human being has the responsibility to sustain the family, in which he creates his creation.** By creating the world, God carried out His responsibility but He did not leave the world just like that; He also sustains the souls. It is said that God also feeds an ant. When even an ant is moving by God's sustenance why not a human being! If a person runs away from his creation, he will be considered to be a coward. **The responsibility of one's family doesn't end in just providing food, clothing, and shelter but in also sustaining the souls. The soul is sustained by virtues. To give love, happiness and power to souls in one's family is to fulfill the responsibility towards them.**

RESPONSIBILITY TOWARDS THE UNLIMITED FAMILY OF THE WORLD

The responsibility one has towards the world is the same as that of one's family because the whole world is one unlimited family. All souls have the relationship of brothers amongst themselves. This world is the creation of God, but one should not think that responsibility of the world is God's alone. For example, in a family the eldest child has an equal responsibility as of the father to help sustain the younger children. Man, too, is the highest creation of God and so he, too, is responsible for sustaining the other creations of God. It is each man's responsibility to become God's helper. To carry out this responsibility with success, it is important to keep the aim of giving happiness to all. The blessings that emerge from the heart of a person receiving happiness, makes the fortune of the giver very bright. **Hence it is important not only to care for the body but also to fulfill the responsibility of sustaining other souls.**

RESPONSIBILITY TOWARDS GOD

We have an equal amount of responsibility towards God as we have towards other souls.

For example, when a father creates and sustains his children, in some corner of his heart there is definitely a hidden desire that his children would look after him when he grows old. It becomes the responsibility of the children to take care of their ageing parents. **Likewise, though God is our creator, sustainer, and bestower of happiness, it is our responsibility to glorify His name.** But how can we do it? We have to acquire the qualifications to achieve the purpose for which we have come to this world. These qualifications are: to recognise one's true identity, to recognise the original attributes of the Supreme and on the basis of that, to glorify God's name by performing elevated actions. This is the greatest responsibility. Watering the seed is like watering the whole tree. Hence never feel afraid to fulfill your responsibilities. By carrying out one's responsibilities, power, courage and enthusiasm will emerge within oneself and God's help will definitely be received. **Thus, self-transformation and fulfilling of one's responsibility becomes the foundation of world transformation.** ●

SPEECH OF HIS EXCELLENCY SHRI M.M. RAJENDRAN GOVERNOR OF ORISSA, ON THE OCCASION OF "INTERNATIONAL SPIRITUAL EMPOWERMENT MEET"

On 7-3-2004 at BKs. Hq. Mount Abu.

It is a matter of great pleasure and privilege for me to be here in this spiritually charged atmosphere of Mount Abu, on the occasion of the inauguration of the International Spiritual Empowerment Meet. The beginning that was made way back in 1937 by a very small group of spiritually inspired individuals, mostly women, who have courageously faced all adversities and problems, has over the years emerged as a large, global spiritual movement. This movement has flourished and taken deep roots to serve at all levels of society tending to the spiritual needs of the suffering mankind. Holding of this special Meet with participants from around the globe, has a special significance in the troubled times of the present day. When the survival of mankind in the world engulfed with hatred, violence and terrorism is at stake and when the materialistic lifestyle is eroding our spiritual values, the effort of Brahma Kumaris, to guide mankind with great compassion and gentleness on the path of spiritual wisdom, is praiseworthy.

India is the country, which has shown the world what spiritualism is all about and how this wisdom shapes our actions and attitudes in transforming our lives. Many spiritual gurus, through their discourses, have tried to help the people realize the importance of spiritualism in one's life. The Upanishads, the quintessence of the Vedas, viewed life as an adventure of the spirit in the world of time and space. Shunning mundane things, the Katha Upanishad seeks enlightenment as the goal in the words "Arise, awake and, approaching the great ones, enlighten yourself". The Mundaka Upanishad, has given our national motto "Satyameva Jayate-Truth alone triumphs." Our record of tolerance has been unique in world History. In 5000 years of history, there was not a single instance of aggression by us for religious or political expansion. Our understanding and tolerance of others and our social philosophy flow from the spiritual vision of the great sages at the time of writing the Upanishads. Recognising the value and importance of what we do not



understand, but what others comprehend and practise, Dr. S. Radhakrishnan put the concept of toleration in these words, rather pithily "Toleration is the homage that the finite mind pays to the inexhaustibility of the Infinite." Swami Vivekananda has brought out our contribution to the wisdom of the world in the beautiful imagery : "Like the gentle dew that falls unseen and unheard, yet brings into blossom the fairest of roses, has been the contribution of India to the thought of the world."

Spirituality is not necessarily about religion, as it is commonly understood and as perceived by many, but it goes much beyond that, reaching out into the heart of reality through the awakening of the innermost dimension of man. A sense of dissatisfaction with the material world makes one spiritual. Many people do not think about

their spiritual lives, until rather late in their life or when they are faced with a crisis like a life threatening illness or a calamity in the family. The material world does not provide answers to many questions that arise in one's mind at such times. If spiritualism is what we nurture in our minds for long, then certain questions automatically come, the replies of which will lead us to our spiritual awakening.

Why would we wait until we are about to die, to focus on spirituality? How long will we keep depriving ourselves of that which will bring us more satisfaction than anything the material world has to offer? Why don't we nourish our spirit to deal with life's greatest challenges when we are still young, when our body is strong and mind fresh and vigorous?

If we very closely analyse the causes for the lack or absence of happiness and peace in our life, we find that the main cause is our ignorance of the hidden ideal of the life, about ourselves and about the relationship with the supreme soul. We believe that our soul is potentially divine and we should aim to manifest this divine within, Atman, by controlling our mind and our actions, our work, our philosophy and thereby become free. Our belief in the divinity

of man leads us to love man as we love God. Is this not the same message that Jesus gave "Love Thy God with all thy heart and with all thy soul and love thy neighbour as thyself." With love implanted in his heart in place of fear and hatred, man comes out as the lover of his fellow man to find fulfillment in life, love for God and service to man and the God within him. This is the basis of Sanatana dharma or Eternal Religion.

Here, I would like to give stress on the point that spiritual knowledge cannot only help in transforming an individual by means of self-change but also it acts as a vital tool for social transformation, the need of the hour. Unless we have the spiritually enlightened minds amongst us, how can we think of changing the society? We find inequalities in almost every field. It is really shocking to find in our country and also at international level, many people unemployed, suffering from hunger or malnutrition, not getting safe drinking water and living sub-human lives in the slums. Instead of realizing the need to help the millions of poor who are facing the hard struggle for existence, deprived of proper food or health care, many nations are spending, we may even call it over-spending huge amounts of money for national

security, which shows the lack of will for peaceful co-existence and also the feeling of insecurity or ego to dominate. To further aggravate the already existing disheartening situation, the wave of globalisation that has been unleashed, while benefiting some of the national economies, gives uneven benefits to the countries and peoples, with the more well-to-do sections walking away with the cake. George Soros, the great American financier, himself points out that the richest 1% of world's population receive as much as the poorest 57%, more than one billion people live on less than \$1 a day, nearly a billion lack good drinking water, more than 800 million suffer from malnutrition and about 10 million die due to lack of basic health-care.

So, if we are serious towards promoting values of tolerance, non-violence, sympathy, and above all love for our fellow men, at the national and international level, spiritualism will have to lead to mobilisation of all forces that can bring about equitable distribution of our resources to all mankind. Our spiritual leaders have to inspire decision makers at national and global levels with their idealism, which can get translated into action, to benefit all sections of

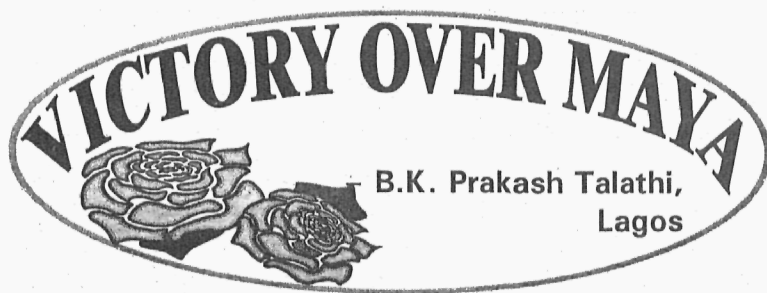
human beings in all parts of the globe. The Pearson commission, more than 30 years ago, set the target of 0.7% of GDP of developed countries as official development assistance to the poorer countries, but we are still at the level of 0.24%. The U.S. foreign aid has been steadily declining from 3% of its GDP at the time of Marshall Plan to 0.1% in the present day. But what is happening in the developed countries are wasteful consumerism and unlimited consumption. Armament industry has been thriving, with U.S. alone accounting for 37% of world's total military spending. Where are these leading to...? Do they not show that the message of spiritualism has not reached in all parts of the globe?" We should develop the spirit of true brotherhood, a concept given only by spiritual wisdom. Our scriptures tell us about the spirit of *Vasudhaiva Kutumbakam*. The earth belongs to all and we all belong to one family. When this feeling becomes a reality, it leads the road for the establishment of a new world, a world of sovereignty, fulfillment of the aspirations of the people and prosperity everywhere. Brotherhood and self-reliance can be cultivated and nourished by spiritual culture.

Tomorrow, we are going to celebrate the International Women's Day. But we find, even if the women are equipped with all the qualities to be at par with men, they enjoy a subordinate status to men in society. The male domination leads to tension, debasement of morals and to crime. Things have changed but not to the extent we would like to see. So, to give our womenfolk their rightful status in society, the attitudinal mindset have to be changed by means of imparting spiritual education, which draws a person's attention to the soul rather than the body. Let us be united in our approach for spiritual awakening of the individuals and to become conscious of the innate divinity, which exists in every man and woman. If this is understood, giving equality to women and their emancipation automatically follow.

We are living in the age of science. Definitely one question comes to our mind: what is the role of spirituality and whether it has any relevance in the present times? Here I am reminded of the words of Albert Einstein, "**Science is blind without spiritualism and spiritualism is lame without science.**" It was in the beginning of the 20th century, that science learnt to

understand its limitations. It now knows that scientists do not know the absolute truth and their effort to unravel the mysteries of life are only leading to many more mysteries and uncertainties. These developments have made the scientists humble and look for answers for some of their questions to spiritualism. Science and technology have given us all comforts, making life easy, but its misuses cause damage to mankind and society. Scientists must, therefore, use their technological powers for betterment of mankind, rather than for its destruction.

In the present stressful times, everyone, young and old is seeking peace of mind. So a spiritual renaissance is needed to usher a new era of love, peace, joy and true brotherhood. We will build a world by living a value based life and empowering ourselves with spiritual wisdom and supreme power to find solutions to the world's problems. **The Brahma Kumaris**, as a movement, have withstood the test of time in preaching the philosophy of spiritual wisdom; love and human values and I wish them to continue to render their dedicated service to people with renewed spirit and vigour in the days ahead. ▲▲▲



One can deal with evil (personified as Maya or Ravan) in different ways; the simplest one is just to surrender and become subservient to it. The other ways are hard but do not be scared of leaving Maya's hand, going against her and fighting your own battle. In this battle we observe that though we cut the heads of evil many times, they repeatedly come alive. The story of this failure goes down in scriptures as the battle between Lord Rama and Ravan; everytime Rama cut one of Ravan's heads, the head would touch the ground, bounce back, get re-fixed to his body, and Ravan would be ready to fight once again. This signifies that if we try to suppress a vice our victory is temporary as the suppressed vice will bounce back with greater force at its own time, when we are relaxed and least expecting it. It may even take a different, attractive form to allure us or a fearsome form to make us surrender to it again. It may act like compressed steam and

terrorise us. So this method is of no use as we battle, make efforts, waste time and energy to gain a short-lived freedom. Once a negative sanskar is formed, we have extended hospitality to an unwanted guest who refuses to vacate the house and will start making demands.

The best method to win over a vice is by winning it with love. The enemy has been with us and within us for the past 63 lives (since beginning of Copper Age). We never identified it as our enemy during that time as it had served us dutifully (it gave us temporary pleasure). So do not fight the vices. Let us bring every vice in the presence of God and then send them on an indefinite leave with respect.

Vices and virtues are at two different ends; the negative end is vice whereas the positive end is virtue. So we will deal with each of the five vices separately. Lust and attachment are based on attraction whereas anger, ego, revenge, jealousy, hatred are based on repulsion.

Lust: You began as a method of creating a close and intimate

relationship, originally based on love, mutual trust and respect. But down the line you turned out to be a great illusion (Maya). The freedom was lost as a feeling of ownership developed in the relationship. One started taking the other for granted. Dishonesty entered. Attraction was then based on bodily and superficial level. The purity of love was contaminated by attachment, ego, jealousy etc. Now, let me save myself from more sorrow by practicing soul-conscious love.

Attachment: You began as the emotion involved in all my relationships with others, and connection with each and every thing that belonged to me. You kept me in the center and guarded my interest always. Slowly, you began to make me feel partial to some, more than others. In the process, my vision became very narrow and self-centered. Now after lot of struggle, stress and tension which you constantly carried, I must allow you to take a vacation. The Golden-age is coming where the population will be limited and the resources abundant. We can now easily widen our vision. The entire humanity will be one world family. Let the vision be so broad that all living beings, animals, birds and even the elements come under one cover, one world family. Let all of us

live in love, peace, and harmony.

Greed: You were always watchful for the opportunities to gain more for the self. You were very skillful in creating the opportunities. You were keeping in mind not only me but my close ones, also my future generations to come! But how can physical attainments bring me peace of mind? True happiness comes from within—let me now enhance my contentment.

EGO: For 24 hours a day, seven days a week you have worked and not allowed anyone to touch my prestige, status, possessions, belongings etc. You have always commanded others to pay due respect to me. Success of mine or that of my family members added to this ego level. Greed helped to review this level again and again. Anger helped you to command my demands. Your efforts made people afraid of me, they couldn't enjoy my company. Now I realise that true respect comes from first having real self-respect. Let me sit in the seat of self-respect and pay respect to others.

Anger: You fought with others for respect, love, care etc. You could not tolerate anything wrong done to me. You assisted every other vice. No body can dare to reason with you. Some even say you are like temporary madness. I now see the harm

you have caused me and my relationships, and want to rid my self of these feelings. By emerging qualities like tolerance, love, patience, mercy and humility, I can make everyone belong to me. Like a blade of grass I will bend and allow the storm to pass. This humble nature will create a place in the heart of others. Love will heal the injuries with patience. Mercy will uplift the ones who are possessed by the ghosts of negativities. And tolerance will

develop a nature of 'let go, take it easy.' Forgive and forget. So the past will die a natural death. The ghosts will be buried.

With this I bid good-bye to my old sanskars and replace them with virtues. Every day at Amrit Vela I must remind myself of my resolution and take power from the Almighty to strengthen the determination to be successful. Then I can say, "Baba, I am ready to say good-bye to Maya." ●

COME SOON O' SATYUGA, THE GOLDEN EPOCH.!

—B. K. Nirmal Purohit, Guwahati, Assam

Life is not a bed of roses, they say
I wonder why it has become so stray?
Most precious gift of God to man
Why has it become so insipid then?
Rift between rich and poor swells day-by-day
Poverty is perhaps the greatest menace today.
To draw pleasure, the affluent go extravagant
Many long for a day's bread and some employment.
Power and money can bring pleasure heavenly
Among masses but it is distributed unevenly.
Stress and insecurity robbed the wealthy of true joy
Vicious as the world is, nobody can truly enjoy.
Peace, virtues and knowledge are actual wealth
Which if imbibed would bring heaven on earth.
Come soon O' Satyuga, we all await eagerly
For, with you will come all-round prosperity.

MAMMA— THE DIVINE MOTHER

■ B.K. Ranjit Fuliya, Vikaspuri, N. Delhi

Since the second half of the 20th century, there have been many movements for emancipation of women and their empowerment. It is worth noting that the Brahmakumaris organization has practically done a lot in the direction of women empowerment. And they have achieved this through spirituality. The founder of the organization, Brahma Baba, was very well aware of the plight of womenfolk in the society. He appointed Jagdamba Saraswati to lead the inmates, most of whom were mothers and sisters, so that they could become future leaders and social transformers.

The conscient energy, which drives the body, i.e., soul, is neither male, nor female. The spiritual education provides knowledge and power to overcome the barriers of race, religion, colour and country. It enables the practitioners to go beyond the discrimination of male and female. The spiritually inclined persons learn to transcend above identification and then express feminine qualities as well as the masculine ones. Such elevated persons include Swami Dayanand Saraswati, Mahatma Gandhi, Mother Teresa,

Brahma Baba, Jagdamba Saraswati and others.

MAMMA— MOTHER OF ALL

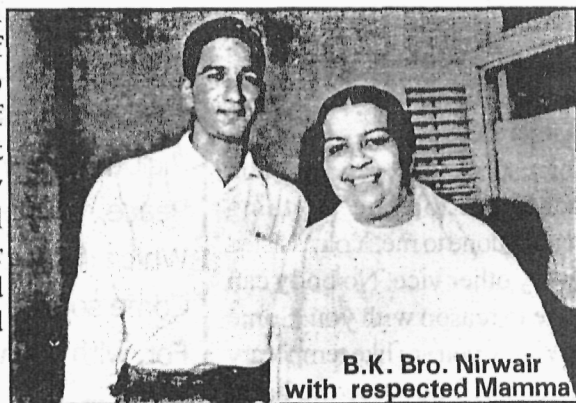
Jagdamba Saraswati, lovingly called Mamma, played the role of the Divine Mother since the very beginning of the Brahmakumaris movement. Although Brahma Baba was the corporeal instrument of the Incorporeal God Shiva and great responsibility rested on his shoulders, it was the unique role of Mamma, which took the organization to new heights. She was responsible for controlling all in-house and the external service activities. Many of the sisters, including Dadi Prakashmani, Dadi Janki, Dadi Manohar and Dadi Chandramani, were her peers and it was all the more important to bind the divine family in the thread of unity, as a cohesive unit. It was on account of leadership qualities of Mamma that each and every inmate, as well as other followers loved and respected her.

A LOVING AND TRUSTED LEADER

Mamma was easily available and the inmates could approach her for any kind of help or guidance. In the evening, there used to be a meeting of all the inmates wherein they would give the account of the day's activities. Sometimes the inmates would confess having committed some mistakes. Mamma would advise them, very lovingly, how to improve their conduct in future. Mamma stressed that we should be very careful in our dealings and conduct. Her special teaching was that we should never repeat the same mistake again. But she did not harbour any ill-will or prejudice against them. In fact, she was quite generous and like a loving mother, would pardon them. It was Mamma's specialty that she would not let even Brahma Baba know about the incident.

FIRM DETERMINATION IS THE KEY

Once brother B.K. Jagdish Chander asked Mamma which



virtue was of utmost importance. Mamma replied that though all the virtues were important and needed to be imbibed by the aspirants for self-progress, it was Firm Determination which was utmost important. After choosing the divine path, we should remain firm and stable on the *Maryadas*. This virtue of Firm Determination will make us victorious and all other virtues shall also be easily imbibed—this was Mama's firm belief.

DEEP KNOWLEDGE, STRONG REASON

Mamma had a very strong reasoning power. She could prove her point with great ease. Bro. B.K. Ramesh Shah reminisce about one practical incident: Once Mamma was in Mumbai. Several scholars of Shrimad Bhagwad Gita came to meet her. They were annoyed on the Brahmakumaris' interpretation of Gita. They asked why, in the opinion of Brahmakumaris, the knowledge given in Gita was not true. Mamma replied "To understand this point, we have to ponder over the achievement. What did the Pandavas achieve after listening the Gita? The knowledge of Gita was for the betterment of the society, but it further deteriorated. Pandavas went to the Himalayas. Yadavas were also killed. Kauravas had already been killed in the battlefield at Kurukshetra. Why did the society degenerate

despite the elevated knowledge of Gita? Here God-Father Shiva says, "I re-establish Satyuga through true knowledge. What I am teaching now is true Gita knowledge through which I transform the world". Now you may decide which knowledge should be considered true—the one which transforms the world or the one which brought deterioration in society. There is no blind faith in it. It is a matter of truth. You are learned persons, please think beyond blind faith, impartially".

The scholars discussed amongst themselves and found that there was substance in what Mamma had said. The discussion took a different turn now.

FRANK AND FEARLESS

Once Mamma had to go to Court. In the presence of many people in the court, it was asked why Dada Lekhraj takes all in his lap. Mamma replied, "He is our grand father. If father takes his children in his lap, is it wrong? What a surprising question it is! Does such a question behove you? You are also a father. Have you never taken your children in your lap?" Mamma was fearless while she was asking these questions. Why? Because she knew how pure was Baba's mind and to be in Baba's lap meant more than being in heaven.

WHAT YOU DO -TAKE CARE

Mamma travelled across India for the purpose of

spreading the divine knowledge. She also visited Delhi for Godly service. During one such visit, Mamma was meeting a group of sisters. Sister B.K.Krishna from Delhi vividly remembers this meeting. "I discussed one of my problems with Mamma. She gave me a very patient hearing and advised: "what others do, don't care; what you do, take care."

FAITH, STABILITY AND POSITIVITY

Mamma had strong faith in God Shiva, Brahma Baba and the divine family. She was extremely faithful and would obey each and every order of Baba, at any cost. Mamma was a very keen student and never missed *Murli* (Godly versions). Occasionally she would revise the versions and churn on them. Mamma remained firm and stable under all circumstances, however adverse and trying they were. She was never disappointed or disheartened. Her unending zeal for life and enthusiasm for service inspired the Brahmakumaris and the Brahmakumars.

These qualities endeared Mamma to one and all. It is the unique role played by Mamma in this eternal world drama and she rightly deserves to be the princess of the new heavenly world, as revealed by Shivababa, our loving Father. ●

MYTH, REALITY AND HISTORY

(The cycle of Ages and the eternal laws of the World Drama, according to Rajyoga as propounded by the Brahma Kumaris)

— B.K. Rita D. Sil, Kolkata

(Former Professor of French and Francophone Studies, JNU),

Our universe is constituted of two elements: spirit and matter (Purusha and Prakriti). The universe is in constant flux. All systems—social, economic, ecological—are interdependent. The law of transformation or the dialectic of change is the immutable law of nature.

There are eternal principles or universal laws that govern physical and spiritual changes. The transformation in our physical world is understood but the dynamics of relationship between matter and spiritual laws has yet to be deciphered.

The cyclic pattern of transformation is in the biosphere and is understood by scientists. But the cyclic nature of transformation operating in the spiritual realm is not clearly understood, even by religious reformers. However, when we see the cyclic patterns of change in nature, it is not hard to accept that on a grand scale also, change must occur in

repeating cyclic patterns. An understanding of time means that many of the theories of “creation” become obsolete.

It has been observed that energy cannot be created or destroyed, but changes forms.

It has also been observed that the whole of the material universe is but a complex interaction of energies which manifest in various forms as light, heat, matter, etc.

Spiritual energy, likewise, cannot be created or destroyed.

RAJ YOGA, as revealed by the supreme soul Shiva through His human medium Prajapita Brahma in 1937, has clearly revealed the eternal laws and principles that define the interplay between spirit and matter: man’s spiritual identity, the fragmentary knowledge about God and mysteries of creation and the cycle of ages. The spirit or the soul is the real self in human beings and passes through a process of evolution and devolution in the time cycle

which consists of the 4 Ages.

Even according to science, as per the 1st Law of Thermodynamics, the moral and spiritual energy of the society go on degenerating so that it reaches a stage of maximum entropy.

The 2nd law of thermodynamics explains that total entropy in the world is constantly increasing. The world is moving towards a dissipated state and pollution in all forms, material and physical, is constantly increasing.

Now, this has a great implication for society. In practical terms, it means, that society deteriorates, and becomes disorganized gradually. There is a deterioration in its moral force, its spiritual stamina, and the vigour of its character. What then is real nature of time?

The western concept of time and history is linear. The eastern concept of time is cyclic. Thus the Eternal Drama of time passes through four stages through the evolution and the devolution of the 3 gunas: *Satopradhan*, *Rajas* and *Tamopradhan* (from pure to impure states) and vice versa.

SATYA YUG

(1250 years) *Satopradhan* stage—most elevated stage or the Golden Age, when Man and Nature have attained the state

of perfection. Consciousness is at its highest purity. Man is soul conscious and completely viceless. Those human beings who have transformed themselves into spiritual beings in Kaliyuga through Rajyoga are born in their next birth as deities. This is the symbolism of paradise regained.

First religion of man is Deitism- Men become God-like (Devatas) and do not worship any God. Science and spirituality are in their zenith. This civilization is based on *Yog Bal*. Procreation is through the power of thought. Flying machines are operated through this power.

This is the Paradise on earth- (This is Satyug, Swarg, garden of Allah of the Muslims, New

Jerusalem of the Christians).

The Kingdom of Lakshmi Narayan is established on the banks of Jamuna. There are 9 lakhs of Bharatwasis in the beginning of the cycle. This is the Aryan Race, the Progenitor of the human race. This assumption is supported by the findings of the Western Indologists of the 19th Century.

TRETA YUGA

(1250 years) Sato stage- Silver Age. From 100% purity now there is 80% purity in man and nature. The Kshatria stage is the dynasty of Ram-Sita. There are 33 crores of Bharatwasis at the end of this Age.

DWAPAR YUGA

(1250 years) Rajo stage- 50% purity in man and nature.

There is a great earthquake and the heavenly kingdom is dismantled (symbolism of paradise lost). World civilization starts with the dispersal of the Aryans all over the world. They branch off into different races and religions.

KALI YUGA

(1250 years) Tamopradhan -the most degenerate

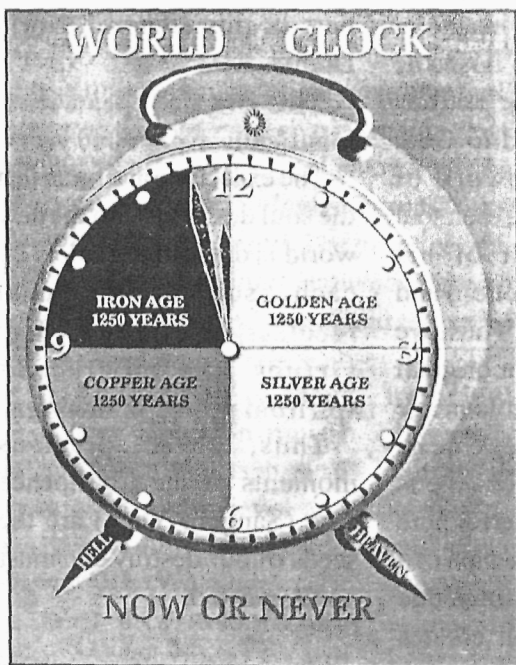
stage. Man becomes body conscious, propelled by the vices of lust, anger, greed, attachment and ego. Civilization becomes paradoxical, materialistic, and consumerist. This is also the age of science and technological revolutions, where there are great poverty, diseases and sufferings with the threat of ecological disasters and nuclear holocaust.

SANGAM YUGA

(100 years) This is the Confluence Age between Kali Yuga and Sat Yuga. When there is divine intervention-the descent of the Supreme Soul Shiva who comes and reverses the old world order.

The present time corresponds to the end of cycle of time of the world drama. At this time, the Supreme Soul descends and makes us pure souls through His teaching of Rajyoga and frees us from the tentacles of the 5 vices.

We discover our **spiritual identity** as pure soul, a point of divine light, a metaphysical entity, a **child** of the supreme soul Who is, like us, also a point of divine light, a *Jyoti "Bindu"* an ocean of spiritual consciousness radiating purity, peace, love, bliss through millions of sparks which sustain our universe. He is the Supreme Incorporeal Soul, Shiva, the



father of humanity and of all souls. He is the Jevotha of the Jews, the Holy Spirit of the Bible, the light of Buddhism, of Islam, Sikhism etc. The human spirit is the child of the Supreme Soul. Therefore, the Fatherhood of one God and brotherhood of Man is the basis of *Manav Dharma* (Religion of Man). Universality of man is the key note of Raj Yoga.

The human spirit, in its original form has all the attributes of the divine. But when it enters the body, a biological entity, and is propelled by 5-vices, then it loses its soul conscious stage. This is the Tamopradhan stage of world civilization which is marked by decline in moral and spiritual values.

MEDITATION – the gateway to Paradise

By considering ourselves as soul and by linking our mind and intellect to the supreme incorporeal soul, Shiva, “a conscient point of divine light” as experienced by all religious reformers, we receive the power (*shakti*) to perform good action. God gives us two fold path of knowledge (*Gyan*) and meditation (*yoga*)- liberating us from the burdens of sins and karmic bondages. When we break away from body consciousness, by controlling

the power of our mind and intellect (*Buddhi*) and sit in meditation, we regain our true identity, a spiritual self, the soul and access to the divine qualities of purity, peace, love and happiness and manifold powers inherent in our nature and we create the New World of pure souls.

As there is interaction between the spirit (soul) and matter, when the soul becomes pure, matter also becomes pure (free from all pollution). This is how God is creating a new world through **inner revolution by Rajyoga i.e. self-transformation leading to world-transformation**. It is the responsibility of each individual to recreate his destiny by the elevation of his own character and following moral and spiritual values. It is to be noted here that our actions cannot be attributed to God. Within the framework of Natural Determinism, each soul receives the fruit of his individual Karma(action) and creates his destiny. Thus, we can revert back to our original stage and enter the golden age through spiritual empowerment.

As this Confluence Age is the only Age when there is pure knowledge for the creation of a pure world, this knowledge imbibed by the soul creates

such *sanskars* that pure actions will emerge; not only in this birth but in many births to come.

The Third World War will be the Mahabharat war (Nuclear war) and the semi Nuclear holocaust will dismantle the Iron Age and reconstruct a Golden Age or Sat Yuga on the bank of the river Jamuna. The Supreme Soul Shiva will take us all back home, the eternal abode where the souls will rest in the Soul World in a latent state, a state where there is no consciousness and nobody to act through.

After the destruction of Kali Yuga there is the re-emergence of the pure world, the Golden Age. When it is time for the world-cycle to recommence, we will come down to play our part in this stage of World Drama.

This Drama repeats itself identically every 5000 years.

The exact time and order that the soul descends into the new world is determined solely by each soul's individual **inculcation of knowledge, virtues like purity and spiritual power in this Age.**

Thus, these precious moments of the Confluence Age (Sangam Yuga) are the seeds of our destiny and must not be wasted. ●

ETERNAL WORLD DRAMA—

The Eternal Interplay of Physical and Metaphysical Energies –VII

Contd... from May 2004

■ B.K. Nityanand, B.K. Colony,
Abu Road

This creation is an 'eternal world drama'—an eternal interplay of physical energies of living and non-living matter with metaphysical energies of souls and the Supreme Soul. Ultra microscopic particles of physical energy called atoms constitute over 100 elements that form both living and non-living matter. Human being (jeevatma) is a combination of body (jeev), the insentient physical energy, and soul (atma), the sentient metaphysical energy. Different energy levels and vibrations between neighbouring atoms give the appearance of form and colour we see, sounds we hear, smell, touch and taste we experience. Atoms unite to form molecules that constitute elements or compounds. We have discussed about these aspects and about different kinds of physical energies, structure of atoms, structure and organisation of living matter and the eternal cycle of biological energy or life-force. We have also seen how sentient metaphysical energies of the soul integrate with insentient physical/biological energies of the body; role of metaphysical energies in health and disease as well as the psychobiological aspects and psychotherapist's view of the human being. The practice of meditation to become embodiment of spiritual knowledge, and the psychobiological information also we have discussed so far.

We have discussed about the functioning of different kinds of metaphysical energies at micro level and macro level during meditation in part VI. We shall now examine how disharmony among physical and metaphysical energies causes disease and how raising vibrational frequency, and keeping our four mortal bodies in alignment with HS restores harmony. The information below is sourced from Arian Sarris' book: Healing the Past for a

Vibrant Future' published in India by 'Pustak Mahal'.

ENERGY VIBRATIONS:

Good or bad vibrations emanated by a person can be felt by others. When you have strong hurtful feelings, your energy is trapped and cannot flow freely. These blocked feelings and negative vibrations cause severe pains, and are extremely damaging to your physical health when continued over a period of time. Besides your overall vibrations, each of your bodies has its own vibratory sound. The physical body has the lowest vibrational frequency and the soul the highest frequency. Together, these different tones form a musical chord creating a deep, rich tone combining the different frequencies together into a balanced harmony. Your HS always vibrates at a lovely pitch, but your other bodies may sound discordant because of energy blocks in each of them. When these blocks are cleared, and these energies combine to create a balanced harmony, you feel joyful, expansive, loveful. You feel more empathy for others; you see yourself and others more clearly and lovingly. If more people vibrate at this 'gold harmony' level, the world would become a far better place.

When you were born, you

vibrated at a very high level. All through your child-hood, your family assaulted you with disapproval, rage, manipulation, guilt, judgement, blame or neglect. These negative energies distorted and blocked your feelings, and clogged your aura. The stronger their emotions, and the younger you were, the ability to dispel them was limited. Gradually, you ended up vibrating at a much lower frequency that reflected your lowered self-esteem. The world reinforced your belief then, and continues to do so. When you believe "I am not so good" you create situations that reinforce your belief. The lower your vibrational frequency, the worse the energies, experiences and relationships you create for yourself. You tend to create 'co-dependent' relations that trap you in guilt and obligations. Then you endeavour to give away your energy to others leaving very little for yourself; but your hope of getting something back is seldom fulfilled. When you raise your vibrational frequency, you eliminate some part of toxic energies within you. The 'present time field' exercise given in chapter 4, page 46 and 47 of the book: 'Healing the Past for a Vibrant Future' just does that. When you break that co-dependent need for other's approval and allow yourself to

be nurtured by your HS you raise your energy level and your vibrations. Then you have so much energy, love and joy that you gladly share these with others, out of abundance, not out of need and hope of getting something back.

RAISING YOUR VIBRATIONAL FREQUENCY

Raising your vibrational frequency and keeping your mortal bodies in alignment with HS using exercises given in ch-5, pages 53 to 56, allow you to have more energy for your healing. Under normal circumstances, your reserve energy is barely half of what you were born with, because your available energy is locked away in your traumas. When you are sick, your body uses energy to fight illness, and hence available energy is further reduced. That is why you need to rest to regain energy. Temporary sickness like flu, cold etc. cleans out clogged energies and raise your vibrations. Working with higher beings like HS or angels also help you raise your vibrational level. The most important effect of raising your vibrational frequency is that the structures inside you that do not match your new vibration must change as well.

SETTING VIBRATION SCALE: Imagine an energy

scale that goes from 0-10. A zero is complete evil, the worst kind of low life controlled by elementals and evil spirits-that is your own hell on earth. At 10 means you are at the level of transcendence that can be sustained for a very short period only. Your body cannot tolerate a vibration beyond its capacity and hence will pull your vibration back to a bearable level almost immediately. Raising your energy without clearing the blocks can hurt you physically, and may trigger a quick cold as your body tries to raise its vibration to compensate. The present time field 'will help you by releasing a lot of those energies.

In order to keep your friends and family in your life, the vibrations scale be set at a range of 5-6. At this range you can communicate with most people, and it helps raise vibrations of other people around you. If you set a higher vibration for your self, others below that frequency find it more difficult to interact with you. Whoever falls below your vibration cannot gravitate toward you. "It is as though you have disappeared from their radar-you're invisible to them."

How Disharmony among physical and Metaphysical Energies cause Disease?

When four mortal bodies

work together in harmony with HS, all the five energies are in alignment and then there is an easy flow of energies back and forth between the emotional body (conscious mind), Mental body (rational mind or intellect), the physical body, the etheric body and the HS. This is the gold harmony level' and such a state existed in Golden and Silver Ages as revealed by God Shiva. When such a harmony is established now, we feel connected to God, the eternal source of metaphysical energy, continuously bathed in love and joy. But the strains of our life situations disturb the inner alignment which causes anger, frustration, shame and guilt so that we got caught in the conflicting needs of the four mortal bodies. A good example is the intellect (mental body or rational self) which denigrates or cuts off the physical body and emotional body; the emotional self (conscious mind or "heart") which uses manipulation to remain in control. When this split occurs, there can be no harmonious blending of energies and purpose. Instead, there is internal dissention, frustration and stress. Some of the stress arises in the childhood. The decision you make about the world based on your environment in the first twelve

months of your life, forms the foundation of your belief system. In the next two years, you solidify this belief system that becomes the "Core Issue" for the rest of your life. Core issue is a basic belief about yourself and the world. It is so overwhelming, powerful and inherent in you at a cellular level, that your whole life is controlled and coloured by it. There are three basic core issues or fears: fear of death; fear of abandonment; fear of loss of self-identify. These arise from an unfulfilled need for safety, for love, or being yourself. The core beliefs may not seem obvious in your daily life, but whatever you think, do or believe is in reaction to your core belief, either striving to counter its influence or succumbing to that belief. Whether the stresses arise in the present childhood or have been embedded in the soul for several life times, these lead to clash and cacophony between the four elements representing four mortal bodies (the earth represents physical body, the air the aura, the fire the mental body and water the emotional body) resulting in the formation of energy blocks. Due to this internal warfare we forget our connection to HS, which could bring us into balance—if we could even remember that it exists. The

longer the energy blocks resulting from the internal conflict persists, they become more destructive to the energies as well as to physical body where they manifest as diseases like cancer or simple pains.

How to Re-establish Harmony Among the five selves of the Human Being (Jeevatma)?

The surest mechanism to restore balance among the different energies is a transcendent, expansive spiritual love that fills us with joy and makes us glad to be ourselves. By connecting with our HS, we begin raising our self esteem, and accepting our birth right of unconditional love. Once we can feel the love our HS dearly wants to give, it becomes easier for us to accept it from others, both human and divine. As already discussed earlier, the HS or perfect form of the embodied soul is its bodiless stage or *videh avastha*. In this perfect form we are full in all attributes of the Supreme Soul such as bliss, knowledge, peace, love, joy, purity and power. Rajyoga meditation mentioned in part VI helps to re-establish harmony among physical, biological and metaphysical energies by purifying, empowering and activating the five elements as well as

emotional and mental selves. As an adjunct to the meditation, we can use psycho-therapeutic exercises given in Arian Sarri's book. Simple and effective exercises for cleaning the aura, for creating 'present time field', for aligning four mortal bodies with HS etc, when practised regularly, will help the process of re-establishing and maintaining harmony among different energies of the immortal self and the four mortal bodies. Since all the four mortal bodies (physical, biological and metaphysical energies) occupy the same space together, and are designed to work as one unit, changing old patterns in one body causes an energy shift in all of them leading to restoration of the lost communication and harmony. The flow of subtle energies between physical and etheric bodies is the basis for acupuncture and 'acupressure' that heal by removing energy blocks.

There are psycho-therapeutic procedures designed to achieve transformation of Sanskaras. These again can be used as an adjunct to Rajyoga to achieve self transformation. By visualising HS, the perfect and bodiless soul eight inches above the head, we can remain in bodiless state (*Videhi*) continually, and by seeing others as '*videhi*' or '*Sampurna Swarup*' we can foster universal brother hood most naturally.

In the forthcoming part we shall examine how God rejuvenates the energy cycles to sustain the 'world drama' eternally.

Note: for any clarification on this series of articles, the author can be contacted on e-mail: bknityanand@yahoo.com

THE PERPETUAL CYCLE

—Dr. Arcot Jaipal, Vet; Mysore

Amongst flora and fauna, of living creatures,
The highest form is human life:

Evolved with male and female features
Civilized in the evolution strife.

But man forgot the 'SUPREME GOD'
And quenched his thirst with sin,
Ego caused him FORGET THE LORD
Yet, 'KINGDOM OF GOD DWELT WITHIN'!

Our world declines from DIVINE PHASE
While Plants and Moon in worthy sky,
Orbit in precision in Celestial race
As Sun and Stars loom on high.

The land on Earth is small percent
Seas covering over seventy and odd,
Yet civilized man made rash descent
In spite heights reached, though on sod.

NATURE equates the living race
By EARTHQUAKE, VOLCANO, FAMINE
and FLOOD,
MAN'S mass destruction, are WEAPONS way
Plus decimate by DISEASE in BODY and BLOOD

MENTOR BRAHMA BABA who is our mast
Beckons 'DEAR CHILDREN to SATYUG PURE',
While many a saint has had a past
Yet every sinner a future sure.

OUR ROOM ON THIS EARTH IN SPACE
Where we dwell for varied time,
Forgot selves in measly ways
SERVICE TO OTHERS IS RENT DIVINE

AN OBSTACLE-FREE LIFE

– B. K. Gayatri

Q.1– What causes obstacles to come into life?

Ans.– When we leave the ‘highway’ (raaj maarg) and wander off into the ‘by lanes’ (*galee*) and alleys, we come across obstacles. The highway is the path of truth, peace and purity; any deviation from these virtues/ values will create obstacles in life. Even in the *lokik* world, the highways are maintained well and are wide enough to travel comfortably whereas the by-lanes are narrow and traffic there gets congested.

Q.2–What kinds of gross and subtle obstacles are encountered in life?

Ans. – Obstacles are plenty in number! The gross ones are – sicknesses of the body, lack of amenities, lack of wealth, non cooperation from the *lokik* as well as the *alokik* family, weather, *lokik* job or lack of it, being/living far away from centre and the *alokik* family etc. Subtle obstacles are – laziness, carelessness, all the five vices, lack of *dharana*, lack of attainments, enthusiasm, hope, self confidence; sorrow, not be able to forget the past, and to worry about the future etc.

Q.3 – What is the method to destroy obstacles?

Ans. – Let us see why we get these obstacles in the first place. The gross ones indicate to us that we have been travelling on a wrong path. Sometimes we see warning signals posted on the roads; if we ignore them and continue to travel without following the instructions, we are sure to get into trouble, are not we? Sometimes we see road blocks and sign saying, “Take diversion.” What happens if we remove the block so that we could go ahead and continue to move along? Any thing between a police officer with a huge bill or the demons of death may greet us!

This does not mean that we should not try to remove the obstacles. First of all, we should be able to understand why that obstacle has been created for us. If we have a very clear picture of the obstacle, we would know what steps to take!

Many a time we find that the obstacles are not at all real obstacles, they just look like them, that is all! Obstacles are things arranged by Drama to put us on the right track.

For the time being, we will take up two examples.

1. **Sickness of the body** – Problems that we face could be – inability to do physical service, inability to go to the centre, not able to do the *lokik* work, etc.

Answer - A. We may be settling our accounts and thus becoming lighter.

Answer B. This sickness makes us appreciate the times when we are healthy (and not sick) and enables us to plan as to how well to utilise our time everyday in a worthwhile way.

Answer C. This makes us focus more on the bodiless stage and do a lot of service through the mind which we would have otherwise neglected.

If we force ourselves to work while we are sick considering the sickness to be an obstacle and that we have to overcome it, our sickness increases. And, if we feel sad about our illness it indicates that we have not understood the drama accurately. Feeling the pain is different from feeling sad; pain is inevitable, but there is no need to feel sad about it. If we cannot understand the Drama and the *karma* theory, we are ‘in’ for many more ‘obstacles’!

When we utilise our time of illness to practise soul consciousness, we would become very content and our soul-conscious stage also enables us to forget our pain to

some extent.

That is why our seniors consider the time of illness to be just a time of settling the accounts and remain cheerful and close to Baba.

Answer 2. Lack of amenities - wealth etc.- A. Yes, it is not an easy life. But, that teaches us to live with minimum requirements and enables us to lead a simple life. This is a very good training for the hard times of the final days.

B. Leading a simple life enables us to become humble; the more luxuries we have, the more possibilities there are to become arrogant.

We should understand that it is not the one who has a lot of wealth who is wealthy, but it is the one who has less desires that is wealthy and lucky. Lack of wealth paves the way (if we care to take that path) to become one who is ignorant of desires (*ichchha maatram avidya*). So, we have a choice—we can understand the significance of the so called obstacle and bring changes in our attitude and thus bring benefit to ourselves. Or, worry, complain and get depressed because of that obstacle and continue to have the same attitude towards life and continue to have more and more ‘obstacles’.

AND, THE SUBTLE OBSTACLES ARE THERE BECAUSE WE HAVE BECOME BODY-CONSCIOUS. THE MORE SOUL-CONSCIOUS WE BECOME, THE MORE OBSTACLE-FREE WE COULD BE.

CONSTANT SOUL-CONSCIOUSNESS REMOVES ALL OUR OBSTACLES AND MAKES US *KARMATEET*!

Q.4 Write one divine version of BapDada on “Obstacle-free life”.

Ans. 4- “If there is no waste, then there are no obstacles. Then a powerful stage, a stage merged in Baba’s love becomes easy and natural. (Avyakt 10-1-1988). ●

DIVINE MESSAGE FROM DADI PRAKASHMANI ON THE 35th ANNIVERSARY OF WORLD RENEWAL SPIRITUAL MUSEUM, MOUNT ABU

(delivered to around 12,000 local citizens and tourists in Polo Ground)

Every citizen of Bharat keeps the pure hope of taking their country and its people to the heights of progress. Despite this elevated feeling, we are not able to achieve as much as we desire – why is this?

The root cause lies in the fact that the motives of love and service unto all have changed

into jealousy and selfishness. The scientific and political powers have made countless number of efforts to eradicate this situation, but the real tool through which feelings of the mind can easily transform is **spiritual power**. As our attention towards this reality is less, the seed of negative feelings do not end. It may be suppressed for a while but takes on aggressive form with passage of time.

Our spiritual Father, the Supreme Soul, shares this message with all His spiritual children: **“Constantly stabilise yourself in the original form of a soul, forge a relationship with me; re-create the forgotten spiritual power, and become a master of your own mind.**

Only then can you change your feelings towards everyone. Your elevated thoughts will come into practical action and bring about success. By becoming a self-sovereign, you will receive the rights to the true deity sovereignty – your Godly birthright. Through spiritual awakening you will experience pure and elevated power, and be able to make your life blissful.”

With these pure wishes, I extend Godly love and remembrances to all my sisters and brothers,

Om Shanti

Dadi Prakash Mani



Godly Service Reports

Contd. from page...1

Homen Borgohain, eminent Litterateur, Journalist and recipient of Sahitya Academy Award graced the occasion as Chief Guest. Other dignitaries who attended the function along with the toppers' parents and guardians were Shri Manik Bhattacharjee as the guest of honour, and Shri Hariprasad Gorkha Rai, a noted writer in Nepali, Assamese and English.

After distributing the citations to the toppers, Brother Homen, lauded the activities of the Brahma Kumaris in the North East and urged the students and their parents and guardians to inculcate the moral values imparted by the Brahma Kumaris to make their lives most successful and positive. "Particularly, the students," added Shri Borgohain, "should aim to imbibe the highest moral values and lead a positive life while endeavouring to achieve highest academic career."

Rajyogini Brahma Kumari Satyawati, in-charge of Brahma Kumaris centres for upper Assam, Arunachal Pradesh, Nagaland and Mizoram states, emphasized that people should learn and practise Rajyoga meditation, to liberate themselves from vices and addictions of various types.

ABROAD

VIETNAM

*Dadi Janki, Sis. Jayanti
and Sis. Hansa's Visit*

HCM City (Saigon)

Dadi Janki, Sis. Jayanti and Sis. Hansa arrived at the HCM City (Saigon) Airport in the afternoon and they were accorded a very warm welcome. On this occasion, several programmes were organised.

Dadi spoke to a group of doctors at the Traditional Medicine Institute.

About 110 people attended a programme on Stress – the Disease of Our Times—at the Traditional Medicine Institute. The participants enjoyed a Power Point presentation, in Vietnamese, of extracts from Wings of the Soul.

Sis. Jayanti then spoke to a group of 60 business people on True Spirituality, they really appreciated her clarity and wisdom.

In the evening Dadi met with a famous Buddhist professor who is 83 and still rides a small motorbike and is also full of enthusiasm, together with another professor of religious studies and his associates. Dadi

gave the professor her book 'Inside Out' as a gift and he has started translating it into Vietnamese as a gift for Dadi!

Hanoi

Janki Dadi and sister Jayanti were in Hanoi only for a few hours during which a very good and joyful program, the "Spirit Within", was arranged with 160 guests including 100 university students, representatives from Indian, Japanese, South African and Finnish Embassies, as well as professors. It was a successful premiere for the BKs in Hanoi and everyone in the audience was very much impressed by Dadi and Sis. Jayanti.

JAKARTA

Dadi Janki, Sis. Jayanti and Sis. Hansa were accorded a very warm welcomes at Cibulan B.K. Centre.

In the evening a programme was organised at the B.K. center in Sunter, North Jakarta for Jakarta's local Sindhi community. Around 150 people attended the programme.

Dadi was interviewed by Maria Hartiningsih, a senior, award-winning journalist from 'Kompas' daily, the largest national newspaper in Indonesia in Bahasa Indonesia with a circulation of 500,000. This was

the first time for 'Kompas' to run a story on the BKs. It was printed as a profile of Dadi Janki, with a photograph taken in the evening programme.

A group of women NGO leaders attended a luncheon programme at the center to hear Sr. Jayanti and Dadi speak on 'Women as Agents of Peace and Change'.

In the evening Dadi addressed a gathering of about 800 people on the topic 'Experience the Power of a Peaceful Mind'.

Guest speaker Prof. Dr. Komaruddin Hidayat, head of the Election Supervisory Committee (Panwaslu) and noted presenter and author spoke before Dadi of what he gained from the Brahma Kumaris when he visited Mt. Abu over 10 years ago and how he was able to bring conflicting parties together in the field of politics based on his understanding of soul consciousness.

BEIJING (CHINA)

The B.K. family had the fortune of having brother Lee James from Australia/Japan for their May holiday, May 1 and 2. In the beautiful B.K. Retreat Center, Brother Lee started

with deep meditation and introduction of the self: I am a pure soul, I am a deity, I am worship-worthy soul, I am a Brahmin, I am an angel. About 30 BKs enjoyed his deep class and experience of the soul, the cycle and being the ancestor soul. The participants also heard stories about the early days of the *yagya*. In the semi public programme held on May 2, about 40 people heard his experience as an expert in 11 Sept. event, where he gave *drishti* to the souls and enabled the souls in fear and anger to heal themselves. On May 2 at night, there was had an international party. There were also brother Raymond from Philipines, a new soul brother Sandy from UK, and all BKs from Beijing family to share songs, dances, stories and light and laughter together. Souls were filled with all kinds of beautiful experiences.

SINGAPORE

This year, an informal meeting of Dadi Janki with President S R Nathan became possible with the help of a contact who had visited Madhuban for a Peace of Mind retreat. A devout Hindu who has been involved with

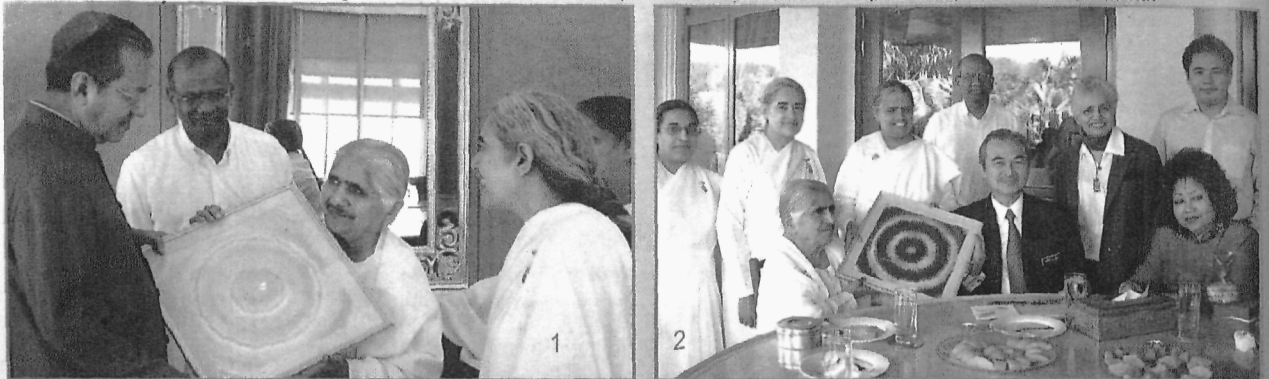
administration of Hindu temples in Singapore for more than 20 years, President S R Nathan listened keenly to Dadi during the hour-long meeting. There was also a meeting with 20 senior professionals at the Grand Hyatt Hotel.

In the meeting at the Shangri La Hotel, 18 country managers had a short introduction to meditation from Sis. Jayanti and then a Question and Answer session with Dadi. Other media events for the day were 2 interviews for Sis. Jayanti on radio and TV – both to be broadcast in coming months – and an exclusive interview with Elle for Dadi.

The big event of the visit was a public programme at the Singapore Indoor Stadium. Format of the programme with use of videos was entitled "Experience Peace – The Gift of the Mind". The aim was to give an experience of peace and to raise the awareness of the BKs. with the Singapore public. Awareness was also created through a website 'experience-peace.com'. Months of preparation culminated in an evening that was described as 'enjoyable', 'time well spent', 'enlightening' by some of the 2800 people present.



1. Malaysia: Dr. Marcus, Ambassador of Ecuador, with B.K. Sis. Mira, B.K. Sis. Maria and others seen in a group photo. 2. Jodhpur: Dr. Gulab Kothari, Chief Editor, Rajasthan Patrika, presenting 'Excellence in Journalism Award' to B.K. Avtar of Mount Abu. 3. Chalisgaon: Shri Shri 1008 Mahamandleshwar Shantigiri Maharaj in a group photo with B.K. Ramnath, B.K. Rohit and others, after having a brief discussion on Godly points. 4. Karjan (Gujarat): B.K. Sis. Deepika presenting Godly gift to famous cine hero of Gujarat Bro. Naresh Kanodia, Bro. Ram Singh Rathva, and former M.P. Bro. Mahesh Kanodia. 5. Mount Abu (Gyan Sarovar): Inaugurating a Special Shivar organized by Arts and Culture Wing are Rajyogini Dadi Manohar Indira, B.K. Usha, Bro. Basant Bhai Ghaswal, Chief Drama Director, Sis. Pallavi Vyas, Drama Director, Sis. Pratima Purohit, Principal and others. 6. Manali: B.K. Sis. Sandhya presenting Godly gift to Bro. Raj Krishan Gaur, Minister for Agriculture, H.P.. 7. Dehradun: B.K. Sis. Manju felicitating Bro. Sadhu Ram, Minister for Sugarcane, Uttaranchal. 8. Ahmednagar: B.K. Deepak Bhai presenting Godly gift to Bro. Sandip Patil, Coach of the Indian Cricket 'A' Team.



1. **Malaysia (Kuala Lumpur):** Dadi Janki presenting Godly gift to Hon'ble Tun Dr. Mahatir Mohammad, former Prime Minister, Malaysia. 2. **Malaysia (Kuala Lumpur):** Dadi Janki presenting Godly gift to Hon'ble Prime Minister of Malaysia Datuk Abdullah Badawi at the Prime Minister's residence. 3. **Tonga (South Africa):** A view of Peace March, organized by the Watsonia and Belvedere Centres, passing through the streets of Tongaat. 4. **Malaysia (Kuala Lumpur):** Sister Jayanti addressing at the Ministry of Women, Family and Community Development. 5. **Kochi:** On Vice Admiral Yeswant Prasad's visit to Holistic Health Exhibition at Naval Base, B.K. Sis. Bindu presenting Godly literature and Prasadam to him. B.K. Vasani, B.K. Sis. Jaya are also seen. 6. **Dharangaon (Malkapur):** After giving a lecture in a Senior Secondary School on the subject "Moral Values and Character building", B.K. Atam Prakash in a group photo with the Headmaster and teachers.